

Crispy Roasted Cauliflower



Instructions:

Preheat the oven to 425°F (220°C).

Line a baking sheet with parchment paper or lightly grease it.

Ingredients:

1 head cauliflower, cut into florets
3 tbsp olive oil
1/2 cup panko breadcrumbs (for extra crispiness)
1/4 cup grated Parmesan cheese (optional but adds great flavor)
1 tsp smoked paprika
1 tsp garlic powder
1/2 tsp onion powder
1/2 tsp salt
1/4 tsp black pepper
1/4 tsp cayenne pepper (optional for a spicy kick)
1 tbsp fresh parsley, chopped (for garnish)
Juice of 1/2 lemon (for serving)

Prep Time: 10 min. | Cook Time: 30 min. | Servings: 4

Prepare the cauliflower: In a large bowl, toss the cauliflower florets with olive oil until well coated.

Season and coat: In a separate bowl, mix panko breadcrumbs, Parmesan cheese, smoked paprika, garlic powder, onion powder, salt, black pepper, and cayenne (if using). Sprinkle this mixture over the cauliflower and toss until evenly coated.

Bake until crispy: Spread the cauliflower florets in a single layer on the baking sheet. Roast for 25-30 minutes, flipping halfway, until golden brown and crispy.

Garnish and serve: Sprinkle with fresh parsley and a squeeze of lemon juice before serving.

Enjoy this crispy roasted cauliflower on its own or pair it with your favorite dipping sauce!